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Letter To The Editor

Dear Editor:

First I would like to congratulate the Appomattox Major League All Stars for a job well done in the recent tournament. As you know, they placed second in the District 6 playoffs. Appomattox is fortunate indeed to have such nice and dedicated boys. They worked hard.

I know that some of the parents were disappointed because their boys didn't get to play in all of the games. I am sure that they were just as good as the boys that played but I am confident that the coaches did what they thought at that time was best for the team.

In one of our games we had the misfourtune of some Appomattox parents cheering for the opposite team. This, however, was due to the fact that their son was sitting on the bench in this game. To me, this was doing the team an injustice. I will be the first to admit that I am not the best sport, but I would never resort to this kind of behavior.

Even though some of you sat on the bench, you were still ALL STARS and GREAT GUYS.

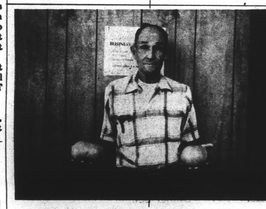
Sincerely,
Nancy Chenault

A HAPPY OCCASION AT THE NEW BEN FRANKLIN Store in the Triangle Plaza Shopping Center - shown above are Gerrie Nealley, her husband, Pete Nealley, owners and operators of the business; and Mrs. Eula Franklin with her grandson, Wesley Franklin.

Mrs. Franklin, who lives on Route 2, Appomattox, was the lucky winner of a stereo when her name was drawn on Saturday, July 23, at the store.

In addition to the stereo, a total of six gift certificates were Birdie Harvey, Appomattox; Donald Fitz, Rt. 1, Appomattox; Jill Franklin, Route 4, Appomattox; and Barbara Carrico of Evergreen.

Winners of the $5.00 gift certificates were Mary Ann Wheeler of Appomattox and Marilyn Edwards of Pamplin.



DISPLAYS TWO LARGE TOMATOES

Otis Allen of Appomattox is shown with two tomatoes grown in his garden each weighing 1 and 3/4 pounds. He purchased the tomato slips from Ernest Baldwin of Pamplin. Allen said that the tomatoes and cucumbers were the best of his crop as he kept them watered and cared for.

Health Wise

By Helen F. Andrew, M.S., Health Educator

Fatigue is a symptom produced by a variety of diseases —among them anemia, hypothyroidism, hypoglycemia, infectious hepatitis, mononucleosis, even flu and the common cold. But if a medical check-up has not uncovered an explanation for your chronic tiredness, you may find the remedy in the areas of physical fitness, nutrition or psychological well-being.

First of all, consider the fact that you may be tired from carrying around excess weight. If that seems unlikely, try to do your usual activities while carrying around a 25-pound bag of flour.

With your doctor's approval, begin an aerobic exercise program such as recommended by Dr. Kenneth Cooper*—brisk walking, running, cycling or swimming. This kind of exercise is important not only to help shed unwanted pounds but to increase the body's ability to deliver oxygen to the tissues.

To be effective the exercise must be continuous for at least 20 minutes or until breathing deeply and perspiring. Calisthenics or isometrics, while useful in muscle development, do not produce the aerobic effect.

Cigarettes and alcohol also reduce the amount of oxygen that reaches the tissues, thereby creating fatigue.

A brief mid-day nap (not longer than 15 minutes) may give a fresh boost of energy, but Dr. Cooper recommends instead of a long nap a brisk walk or run to recharge quickly.

A cold shower following a hot one will also increase the supply of energy-giving oxygen to the tissues by stimulating the circulation of the blood.

Fatigue may, of course, be due to a combination of the factors mentioned above.

* "The New Aerobics by Kenneth E. Cooper, M.D., available in paperback, is a detailed guide to a progressive exercise program adapted to a person's age and degree of physical fitness.

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COUNTY LINE

Mrs. Laura Ferguson spent a few days last week with Mr. and Mrs. Lowell Owens.

We're so thankful for the nice showers we're having and cool weather.

Mr. and Mrs. Walter Jordan attended church Sunday at Midway and had lunch with Mrs. Mattie Pillow.

Mrs. Estelle Hodge is staying with Mrs. Will Mann.

The Fire Department was called to the home of George Davis Sunday to put of a brush fire. No severe damage was done.

Mrs. Jack Hamilton called in the home of Mrs. Vennie Jones Monday.

Sorry to hear of the illness of Mr. Harry Jenkins of Hollywood.

Mrs. Eva Jones and Mrs. Ethel Painter attended the funeral of Mrs. Edd Nash Monday.

Mrs. Polly Seay and Janice and granddaughter & Mr. and Mrs. Herman Thomas and boys visited Mr. and Mrs. Richard Nash Sunday. Mr. and Mrs. Ray Layne and Missy were supper guests in this home Friday night.

Mr. and Mrs. Clarence Gobble and Mr. and Mrs. Olaf Waddell visited Mr. and Mrs. Richard Nash Monday night.

Mr. Jimmy Howard continues ill in the Lynchburg General Hospital. Mr. and Mrs. Nelson Mann and Mrs. Elliott Nash visited with the family at the hospital on Sunday.

Mrs. Herbert Mayberry entered the Lynchburg General Hospital on Sunday where she will have surgery.

OAKVILLE

Mrs. A. W. Covington spent Thursday in the home of Mr. and Mrs. Beryl Covington.

Mr. and Mrs. Beryl Covington and Marjorie Mae visited Mr. and Mrs. J. F. King and Mrs. A. W. Covington Saturday night. Other visitors in this home were Mr. and Mrs. Willard Paulette of Richmond.

Sunday afternoon a birthday party was given in the home of Mr. and Mrs. Beryl Covington for Lee Moore who celebrated his tenth birthday. Those who attended were Mr. and Mrs. Louis W. Moore, Le & Stacy, Mr. and Mrs. Jessie Campbell, Teresa & Todd, Sheryl Cheatham, Mrs. Faye Weston & Janet, Mrs. Eva Moore & Curtiss, Steve Martin & Mrs. W. M. Jordan and Kathy.

Eva Moore and Curtis were guests of Mr. and Mrs. Tommy Drinkard and family Saturday night for a steak cookout.

Mrs. Melvin Drinkard, Mrs. Wayne Irby and David motored to Lynchburg Sunday to visit some people on the sick list. We wish for them a speedy recovery.

Richard Martin of Covington spent the weekend with his parents, Mr. and Mrs. O. W. Martin, Jr.

Mr. and Mrs. Freddie Martin moved to Oakville. We're glad to have them in our community.

Mr. and Mrs. Wayne Bowman moved here from the Eastern Shore. We welcome them back to this vicinity.

The Pastor Speaks

The family went to see a parade in the city with the marching bands, clowns, floats, old cars, horses, drill teams, scouts, and many other participants. When the family returned home, each member was recalling what had thrilled them most, and each one had noticed something different from the others.

If several people witness any occasion, they have different versions, not because some are true and the others not. It depends on what they saw and heard.

It has always amazed me how people often hear more in a sermon than the preacher thought or said. Yet, that is the wonder of preaching. People respond to the spoken word depending on their level of understanding and experience. Some small idea may provoke the mind of the listener which causes the listener to relate to more than was said. How different that is from the notion that we can hear what is said only if we think like the speaker. The communion of hearts does not restrict the mind.

The illustration of the differing points of view by witnesses and the reaction to the preached Word bears witness to the power of the Holy Spirit. On the day of Pentecost (Acts 2) the Holy Spirit said more than the words used, because the listeners heard in their own language. The mystery of Pentecost is the power of the disciples to share the Gospel in a foreign language not their own. Yet even more powerful was the fact that each could hear in his own language about the love of God and Gospel of Jesus Christ.

In our sharing of the Gospel, we need to be alert that our communicating the Good News goes beyond words. The fullness of the message of God's love depends on us all sharing what we hear in the Spirit of Christ. There is no other way to communicate the Good News.

P. Edward Leonard, Jr
Memorial United
Methodist Church

THE BIBLE SPEAKS

Sermon aired 12n 7pm
Sunday, Adam's Ale

BY LAWRENCE W. ALTHOUSE

FATAL MEMORY

Lesson for July 31, 1977

Background Scripture: Judges 1 through 3.
Devotional Reading: Psalms 51:1-12

We hardly think of being forgetful as a fatal characteristic, but it can be. It almost was for Israel. As we read the story of these people in the Book of Judges, there is one weakness that we find again and again:

Rev. Althouse

"The people of Israel did what was evil in the sight of the Lord, forgetting the Lord their God" (Judges 3:7). In fact, that verse could very well serve as a summary statement for the whole Book of Judges. Practically every story in that book follows that simple, but deadly outline.

They served the baals

It seems amazing that this should have happened for it would be logical to assume that, brought through the wilderness by God, and given the land of Canaan by his promise and power, nothing would ever shake the Israelites' loyalty to God. The problem is that people are not always logical and they often do the very thing that seems certain to lead them to destruction and defeat.

This was true of the people of Israel after they had basically occupied the Promised Land. Splitting up into their tribal inheritances, they quickly forgot that it was God alone who had brought them this great opportunity. Destroying the power of their pagan enemies, the people of Israel often soon adopted the religious practices of their conquered foe.

Why?

Several reasons, perhaps. First of all, the religions of their enemies was usually more fun than their own. For one thing, the pagan religions made few moral demands upon the people —nothing at all like the commandments God had given them in the wilderness. Serving a god who makes few moral demands is more appealing to many.

Secondly, some of the pagan religions centered on wild, sensual rites that would find no place in the religion of Israel. Instead of condemning moral license, the pagan religions often encouraged and sanctified it.

Another reason was that the people of Israel had been shepherds and nomads for many years, while the land they were inheriting encouraged agriculture. The pagan cults of their enemies were agricultural religions, religious practices intended to make the gods favorable to the productive growing of crops. Obviously, many of the Israelites felt that in order to be successful in this new land, they had to adopt some of the ways of their enemies.

And yet they did not listen

Again and again they suffered for their disloyalty to God and when it would seem they should have learned their lesson. God would "raise up" a leader to help them in their time of emergency. When this happened, of course, the people usually acknowledged their disloyalty and pledged renewed faith to their God. Yet, it was not long until they had forgotten their promises and were back at it again.

We can hardly understand how they could have been so forgetful, how after so many reminders they should still be capable of falling away from their faith. But if we are honest with ourselves, we can see that same fatal memory at work in our own lives from time to time.

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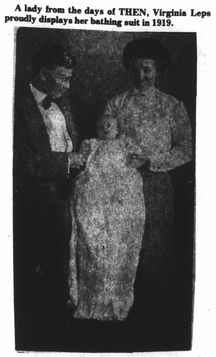
THEN and NOW!

By Frances H. Paulette

"Keeping Cool"

A lady from the days of THEN, Virginia Leps proudly displays her bathing suit in 1919.



Although the identity of this family is unknown, we are sure of one thing -- Mama was fashion-conscious!

NO matter how hot the weather became, necklines were high and the hair neatly tied up in wide bows as shown by these teenagers of around 1912. They are the late Mattie Sears and Pauline Clements.

The weather's been hot - - - extremely so!
Perspiration from head to toe.
Just the walk from office to car - -
Too much exertion, too much by far!

The air conditioned office, not so cool today,
The car cools slowly along the way -
Once we're home, inside we go - -
This kind of weather - - - it's dangerous you know!

Wonder how they made it in days gone by - -
With no air conditoning, the temperature high?
How they battled the heat long ago.

It was the summer of 1902 and had you been a visitor driving through Appomattox you might have gotten the false impression that most of the townspeople were away on vacation. Passing by house after house you would have seen the outside blinds closed.

Not a desire for privacy, but instead part of the campaign to keep cool was the reason for the drawn blinds.

At the Bill Moses home the blinds were completely drawn, hoping to keep out the scorching rays of the sun, still allowing a breeze, though hot, to find it's way into the house.

Carrie Smith Moses finally decided to throw propriety to the wind and take off her daughter's dress so she might get some relief from the heat. Though Little Mary was only five years of age at the time, such "goings-on" might be frowned upon, but Mrs. Moses didn't think it would matter. Mary had on a "built-up" petticoat. (It seems that such a petticoat was very much like a sleeveless dress of today, covering much more than our slips do.)

No sooner than the little girl, minus her dress, was happily at play, when who should appear but Grandpa! With a voice that Mary thought sounded unusually stern, he silently, slowly, surveyed the little girl playing in her petticoat and then turning to her mother said, "Carrie, does that child have a dress?" Without waiting for a reply, he continued, "If she doesn't, take her to Len's Store and get her one! We just can't have such immodest behavior in our family!" Needless to say, Little Mary Moses donned her dress, heat or no heat, and went back to her play; Grandpa had spoken! Wonder what Grandpa would say if he could see some of the summer attire worn in the days of NOW? Incidentally Mary Moses still lives in Appomattox, now Mrs. Allison T. Inge. For years she and her late husband were owners and operators of Inge's Department Store located on Main Street. On her next birthday, Mrs. Inge will be 80 years young.

I'm told that in the early 1900's in summer as well as during the winter months, babies wore long dresses. In fact, if you were a fashion-conscious mother and could afford it, the baby's dress would be so long that when the mother stood, holding her baby against her shoulder, the bottom of the baby's dress would reach well below the mother's knees. One lady from the days of THEN said, "What keeps out cold, keeps out heat!" Could there be some truth in this?

Had you been a teenager living around 1919 you might have had a hard time convincing your mother to allow you to don a bathing suit. The "daring costume" consisted of a sailor-type blouse with a big collar and sleeves, of course! Full, bloomer-type pants that came to just below the knees, stockings that came up the knees and shoes closely resembling the tennis shoes of today. How one swam with all this I don't know, but that was the way it had to be if one decided that a swim was the way to beat the heat.

High necklines were proper, even for teenagers; no matter how high the temperature soared, certain standards of dress remained the same. More often then not the dresses of the young ladies had long sleeves and sometimes they were allowed to roll up their sleeves a bit—not too far, mind you! Had you been as careful of your manner of dress as Mrs. A. T. inge's mother-in-law, you would not have done even that for Mrs. Inge said she had heard her say, "I don't want a man looking at my arms!!"

We think we are living in a state of deprivation if we have to do without air conditioning, but let's see how folks lived in 1900. There were no screens and flies were often really bad. After the table was set for the meal, the lady of the house would spread a "fly net" over the entire table while the last-minute details were completed. This net came in a variety of colors. During the meal (in the summer months when flies were a problem) one of the family members had the chore of "shooing" flies off the table with a sort of gadget made of newspapers cut in strips and fastened to a stick....and today if we see one fly in our house we panic!

Wells and springs were the source of supply for water to most people. Often people would let a bucket of milk down in the well on a chain to keep it cool, but this was a bit dangerous; if the milk fell into the well, it meant the water was no longer usable until something was done to remedy the situation.

Some people, if they had a spring, had a "spring box". They would carry milk and other perishables to the box and set it inside until they were ready to use it. If you could afford it, you had ice shipped in and put it in an "ice-box". Space at the top held the ice and the food was kept in a space underneath. There was a pan at the bottom to catch the melted ice.

Mrs. Inge remembers well a tub of water being kept in the pantry of their home. The water was changed often during the day to keep it cool and fresh. Perishables were set in the tub in order to keep them sale for consumption from one meal to the next. In order that the family have fresh milk for breakfast, someone had to milk before breakfast, and same ritual was followed for the evening meal.

Did they get hot in the days of THEN? According to Mrs. Inge, they did; she added that the mother in a home was usually so concerned with the welfare of her family that she didn't really have time to worry about herself. She recalls her mother making hot biscuits and frying chicken for evening meals even on the hottest days. The "good ole days"? I don't know about that!

It seems that baths were not a daily occurance, but children were made to wash their feet every day if they were young enough to go barefoot. When a girl reached the age of twelve, she had to give up the freedom of going barefoot and don long stockings and high top shoes.

Well, what do you think? Like to trade places with the folks of THEN? I don't believe so; I'm afraid we wouldn't survive!!

Again I want to thank Mrs. A. T. Inge for a backward glance. It is always such a pleasure to visit her and her mind is such a storehouse of knowledge of the days of THEN. Thank you for allowing me to draw on you memory bank and thanks for the use of your pictures.

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